

# Health Risk Appraisals offered through State Sponsored Health Plans

The following state sponsored health plans offer Health Risk Assessments or access to online risk assessments:

- BCBSM PPO
- Blue Care Network
- Care Choices
- Health Alliance Plan
- HealthPlus
- M-Care
- Physician's Health Plan of Mid-Michigan
- Physician's Health Plan of South Michigan
- Priority Health

If your HMO is not listed, [click here](#) to check for benefits offered by your insurance plan.

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## BCBSM PPO

The **Blue Health Connection** Health Risk Appraisal (HRA) asks questions about your health habits (such as eating, exercise, tobacco, alcohol, and driving related habits), personal and family health, your blood pressure and cholesterol, self care, job satisfaction, and other factors that may relate to risks. Results are confidential.

The HRA is available both online and via hard copy. Members who do not have access to a computer can call BlueHealthConnection at (1-800-775-BLUE) to ask for a hard copy. The online HRA questionnaire is reported to be 100% secure. Once completed and submitted, an "extremely detailed HRA Profile" will be provided "portraying a snapshot of your current health and health risks, as well as tips and advice on how you can minimize those risks." The information you provide for your health risk appraisal is used "to create a personalized Health Dashboard, tailored to your health needs and interests. Use this Dashboard as a stepping stone to a wealth of information, tips, advice and even health managers and trackers to you can take complete control of your health."

You must log in to BlueHealthConnection or register as a new user to access the online HRA at <https://www.bcbsm.com/bhc/>. The registration/log-in process is not complex. You supply your own user ID and password. Go to [BlueHealthConnection](#) and log in.

[http://www.bcbsm.com/member/managing\\_your\\_health/online\\_health\\_resources.shtml](http://www.bcbsm.com/member/managing_your_health/online_health_resources.shtml)

## Blue Care Network

The BlueHealthConnection Health Risk Appraisal (HRA) is also provided by Blue Care Network.

You must log in to BlueHealthConnection or register as a new user to access the online HRA at <https://www.bcbsm.com/bhc/>. The registration/log-in process is not complex. You supply your own user ID and password. Go to [Blue Health Connection](#) and log in.

[http://www.mibcn.com/home/managing\\_your\\_health/index.shtml](http://www.mibcn.com/home/managing_your_health/index.shtml)

## Care Choices

Care Choices offers "[How's Your Health?](#)" an interactive questionnaire that can help you identify health risks and take control of your health. The survey, developed by Dartmouth Medical School, takes about 10 minutes to complete.

- Go to "[How's Your Health?](#)"
- Click on your language preference (Spanish or English).
- You and your family members can complete the survey by selecting the appropriate age and sex.
- All of your answers are confidential -- no name identification is required. Based on your answers, you will be given health information personalized to your needs.

After you complete the survey, you'll get a summary of your results and tips on how to manage your health and take action to reduce your risk factors for disease. You will also receive an "Action Form" that you can take to your doctor or nurse as a starting point for discussing your medical care.

Through partnership with Express Scripts, Care Choices offers several condition-specific health risk assessments:

- [Alcoholism](#)
- [Anxiety](#)
- [Benign Prostatic Hyperplasia \(BPH\)](#)
- [Coronary Heart Disease \(CHD\)](#)
- [Depression](#)
- [Osteoporosis](#)
- [Sleep Disorders](#)
- [Sleepiness Scale](#)

<http://www.carechoices.com/ppo/health/risk.shtml>

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## Health Alliance Plan

HAP's **iStrive for better health**, a revolutionary health improvement program, includes a health risk assessment and six healthy lifestyle programs. The health assessment allows HAP members to step back and assess their life. It helps members to prioritize what kinds of health changes they may be ready to make not only based on risk, but also on readiness and confidence to make a change.

Six lifestyle behavior change programs are available for members who want to take that next step. They may select from the following easy-to-use and private programs designed to help them make healthy choices they can stick with for the long run!

- HealthMedia Balance® for **weight management**
- HealthMedia Breathe® for **smoking cessation**
- HealthMedia Nourish® for **nutrition improvement**
- HealthMedia Relax® for **stress management**
- HealthMedia Care for your Health® for **chronic disease management**
- HealthMedia Care for your Back® for **back pain**

**iStrive programs** will evaluate health needs, taking time to understand the unique individual. Participants will be asked to fill out an online questionnaire. The questionnaire responses will be used to create a unique online plan.

<http://www.hap.org/guests/istrive.php>

## HealthPlus

The HealthQuest [health risk assessments](#) are accessed by going to [www.healthplus.org/](http://www.healthplus.org/), clicking on "MyHealthQuest", then "Interactive Tools". Risk assessments are available in several areas:

- [Breast Cancer Risk Assessment](#)
- [Coronary Artery Disease Assessment](#)
- [Depression Risk Assessment](#)
- [Osteoporosis Risk Assessment for Women](#)
- [Ovarian Cancer Risk Assessment](#)
- [Pospartum Depression Assessment](#)
- [Stress Response Assessment](#)
- [Stress Trigger Assessment](#)
- [Type 2 Diabetes Risk Assessment](#)

If members prefer a paper questionnaire, they can call 800-345-9956, extension 2118 for a questionnaire to be mailed to them.

<https://healthplushra.staywellsolutionsonline.com/>

## M-Care

Links are provided by M-Care to the following risk tools:

- American Heart Association [heart disease risk tool](#)
- American Heart Association [live and learn quiz](#)
- American Diabetes Association [diabetes risk test](#)
- National Institutes of Health [body mass index calculator](#)
- Mental Health [online screening](#)

<http://www.mcare.org/include/template.cfm?ID=1009>

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## PHP Mid-Michigan

Links are provided by PHPMM to the following risk tools:

- [Body Mass Index \(BMI\) Calculator](#)
- [Diabetes Risk Test \(American Diabetes Association\)](#)
- [Health Risk Assessments \(YouFirst.com\)](#)
- [Healthy Heart Workout Quiz \(American Heart Association\)](#)
- [Heart Attack Risk \(National Heart, Lung & Blood Institute\)](#)
- [Heart Attack Risk \(Sparrow Health System - MACH 1\)](#)
- [Heartburn Info Center](#)

<http://www.phpmm.org/Default.aspx?tabid=892>

## PHP South Michigan

The PHP of South Michigan [Health Risk Appraisal](#) is accessed via the It's Your Life health management program, a leading-edge health management program administered by the [Foundation for a Healthy Community](#), that includes a comprehensive health screen and personal health coaching.

This completely confidential program includes:

- Health risk appraisal (HRA)
- Blood draw testing for cholesterol, triglyceride and glucose levels
- Body mass index (height and weight measurement)
- Blood pressure reading

Each participant will receive an 8-page personal Healthy Lifestyle Profile that provides information on their individual health status and outlines suggestions for improving their health.

[http://www.phpcares.com/hmresourcesiyl.php?more\\_group=69&more\\_block=hottopic&more\\_item=66347](http://www.phpcares.com/hmresourcesiyl.php?more_group=69&more_block=hottopic&more_item=66347)

## Priority Health

To find out your risk factors, take one of our risk factor assessments on [priorityhealth.com](http://priorityhealth.com).

They're like a quiz, and they're available to your whole family. Once you are logged in, click on "[Health and Wellness](#)" and then select an assessment from the drop-down menu under "Health Condition Centers." Available assessments include body mass index (BMI), diabetes, asthma, heart problems, lead poisoning, depression, cancer and more.

<http://www.priority-health.com/healthwellness/>